



Maryville City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Maryville City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Maryville City School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$639,642.75. (Does not include 2007-2008).

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Alcoa City Schools | ➤ Blount County Task Force Against Domestic Violence |
| ➤ Alcoa City Schools Family Resource Center | ➤ Blount Discount Pharmacy |
| ➤ Alcoa Police Department | ➤ Blount Memorial Hospital and Lincoln Memorial University—Practical Nursing Students |
| ➤ Alcoa, Inc. | ➤ Blount Memorial Hospital—Business Health |
| ➤ American Heart Association | ➤ Blount Memorial Hospital |
| ➤ American Red Cross, Blount County Chapter | ➤ Blount Memorial Hospital—Foundation and Community Outreach |
| ➤ Blount BENEFITs | ➤ Blount Memorial Hospital—Wellness Center and Cherokee Health (Crossfit) |
| ➤ Blount County Community Health Initiative | ➤ Blount Today Newspaper |
| ➤ Blount County Government | ➤ Blue Cross Blue Shield (Walking Works for Schools) |
| ➤ Blount County Health Department | ➤ Chick-fil-A |
| ➤ Blount County Mental Health Awareness and Suicide Prevention Alliance | ➤ Clayton Homes |
| ➤ Blount County Schools | ➤ Covenant Health Knoxville Marathon and Kids Run School Foundation |
| ➤ Blount County Schools Family Resource Center | ➤ CoverKids |
| ➤ Blount County Sheriff's Office | |
| ➤ Blount County Substance Abuse Prevention Action Team | |

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| ➤ Daily Times Newspaper | ➤ Maryville College |
| ➤ East TN Quality Alliance | ➤ Maryville Fire Department |
| ➤ East TN Regional Health Office, School-Based Dental Preventative Program | ➤ Maryville Housing Authority |
| ➤ East TN Worksite Wellness Roundtable | ➤ Maryville Middle Parent Advisory Council |
| ➤ Elizabeth Strawbridge, RD, LDN | ➤ Maryville-Alcoa-Blount County Parks and Recreation Commission |
| ➤ Food City - NuVal | ➤ Mental Health Association of East Tennessee, Inc. |
| ➤ GoTrybe | ➤ Mental Health Awareness and Suicide Prevention Alliance |
| ➤ Kessler Sporting Goods (Nike) | ➤ Mountain Challenge |
| ➤ Knoxville Academy of Medicine | ➤ Olympia Athletic Club |
| ➤ Knoxville Area Coalition on Childhood Obesity | ➤ Pokey's and Sports |
| ➤ Knoxville Metropolitan Drug Commission | ➤ Safe Kids of the Greater Knox Area |
| ➤ Knoxville Track Club | ➤ Second Harvest Food Bank, Food for Kids Backpack Program |
| ➤ Kroger | ➤ Socle Medical Spa |
| ➤ Let's Talk 101 (Family Life Education Curriculum) | ➤ Subway Restaurant |
| ➤ Lion's Club | ➤ TENNder Care |
| ➤ Mary Beth West Consulting LLC | ➤ Tennessee National Guard Counter Drug Division |
| ➤ Maryville City Government | ➤ Texas Roadhouse |
| ➤ Maryville City Police Department | ➤ University of TN Culinary Institute |
| ➤ Maryville City Schools Family Resource Center | ➤ University of TN Extension Services-Blount County, TNCEP |
| ➤ Maryville City School | ➤ University of TN Nutrition Department (Registered Dietician student volunteers) |
| | ➤ Volunteer State Health Plan |
| | ➤ Weight Watchers |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including field days, physical activity fundraisers, school clinics, health screenings, fitness clubs, Red Ribbon Week, Parent Involvement meetings, and school gardens. Currently, 989 parents are collaborating with CSH.

Students have been engaged in CSH activities including prom/graduation campaigns, involvement on the Community Health Initiatives, student-led physical activities, and participation on the Healthy School Teams. Approximately 1,304 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Maryville City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers:

2007-2008 Data

BMI Screened	BMI Ref	BP Ref	Vision Ref	Hearing Ref
2228	751	47	31	17

In 2008-2009, 8,453 screenings were completed and 1,020 referrals were made.

BMI Screened	BMI Ref	BP Screened	BP Ref	Vision Screened	Vision Ref	Hearing Screened	Hearing Ref	Scoliosis Screened	Scoliosis Ref
2188	804	2159	20	1867	175	191 5	11	324	10

In 2009-2010, 8,441 screenings were completed and 1,027 referrals were made.

BMI Screened	BMI Ref	BP Screened	BP Ref	Vision Screened	Vision Ref	Hearing Screened	Hearing Ref	Scoliosis Screened	Scoliosis Ref
2180	785	2179	45	1850	182	1872	8	360	7

In 2010-2011, 8,713 screenings were completed and 1,061 referrals were made.

BMI Screened	BMI Ref	BP Screened	BP Ref	Vision Screened	Vision Ref	Hearing Screened	Hearing Ref	Scoliosis Screened	Scoliosis Ref
2260	839	2263	35	1895	162	1889	21	406	4

Students have been seen by a school nurse and returned to class

School Year	# Student visits to nurse	# Student visits returned to class
2007-08	16,008	13,681
2008-09	12,382	10,551
2009-10	15,531	12,787
2010-11	14,639	12,801

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Grades K-4 2010-2011	Boys	Girls	Total
<u>Number of children assessed:</u>	585	530	1115
Underweight (< 5th %ile)	2%	3%	2%

Normal BMI (5th - 85th %ile)	63%	68%	65%
Overweight or obese (\geq 85th %ile)*	35%	30%	33%
Obese (\geq 95th %ile)	20%	14%	17%
Grades 6-9 2010-2011	Boys	Girls	Total
<u>Number of children assessed:</u>	565	579	1144
Underweight (< 5th %ile)	4%	2%	3%
Normal BMI (5th - 85th %ile)	58%	65%	62%
Overweight or obese (\geq 85th %ile)*	39%	33%	36%
Obese (\geq 95th %ile)	20%	15%	17%
*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Physical education. 2007;120 (suppl 4):s164-92.			

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Dance, Dance Revolution, Wii, and various physical education equipment.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include physical education teachers attend TAPHERD, Nurses attend Diabetes Update, and courses on Safe Schools for first aid, CPR, and bloodborne pathogens must be completed by all teachers.

School faculty and staff have received support for their own well-being through employee health clinic, walking club, adventure races, discounts at local fitness clubs and pharmacy, yoga/Pilates, Weight Watchers, and an incentivized wellness program.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – offered Michigan Model training, participated in Red Ribbon Week, participated in handwashing campaigns, multiple guest speakers on topics such as drug and alcohol abuse, domestic violence, and mental health, offered mini-grants to increase health education;
- Physical Education/Physical Activity Interventions – increased physical education for Lifetime Wellness students, new physical education curriculum at Maryville Middle (fishing), offered mini-grants to increase physical education/physical activity, and established fitness clubs;
- Nutrition Interventions – Go, Slow, Whoa!, Maryville High changed breakfast menus to offer new meals in order to increase breakfast participation and offered mini-grants to increase nutrition education;
- Mental Health/Behavioral Health Interventions – reviewed and/or updated referral guidelines at each school, distributed mental health resource directory and local support group listing to school counselors and mental health 101.

Additional highlights that have been outstanding for the Maryville School System include fitness clubs, water safety lessons, Go, Slow, Whoa! nutrition education, and prom/graduation campaigns.

In such a short time, CSH in the Maryville City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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